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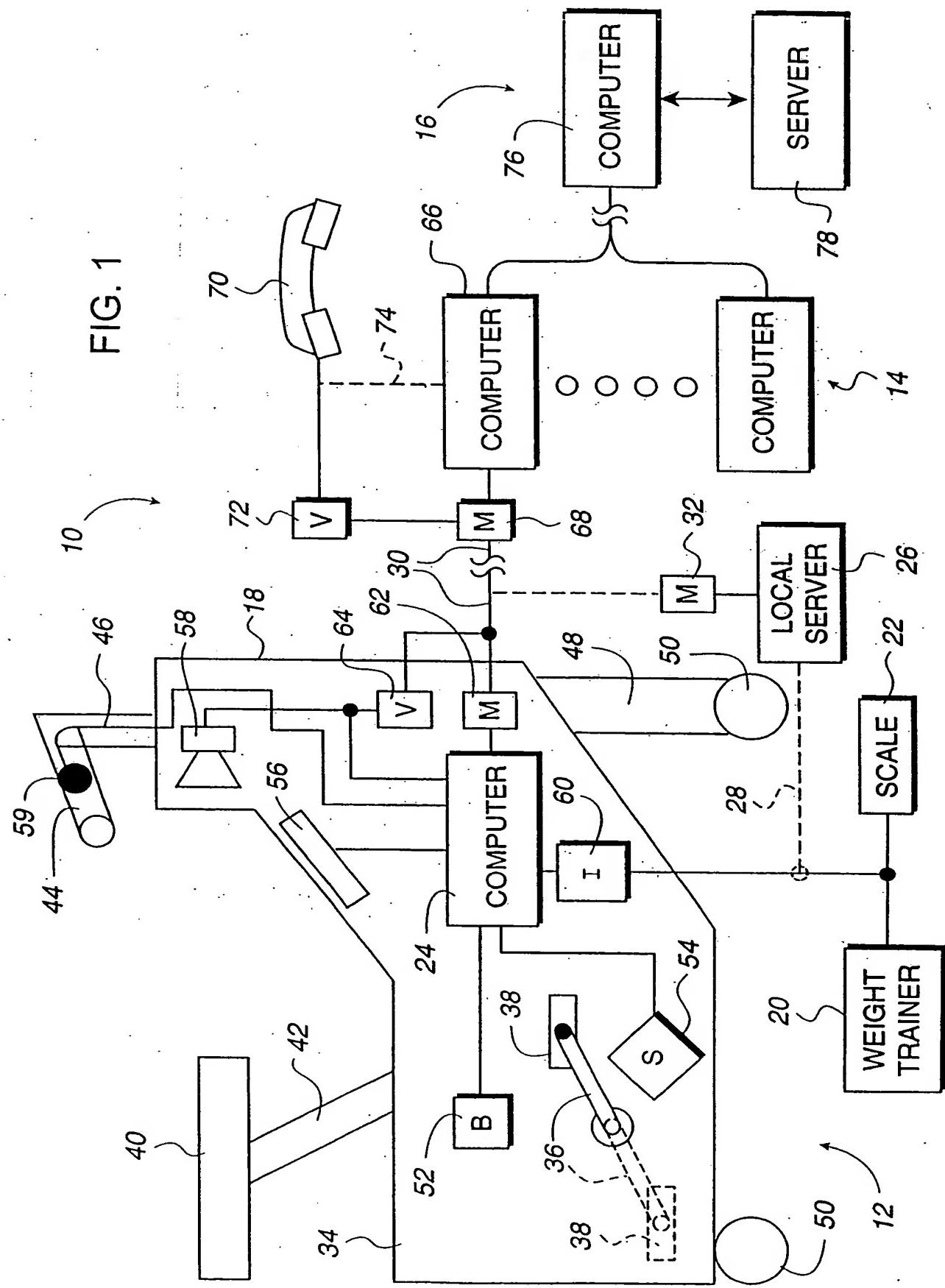


FIG. 2

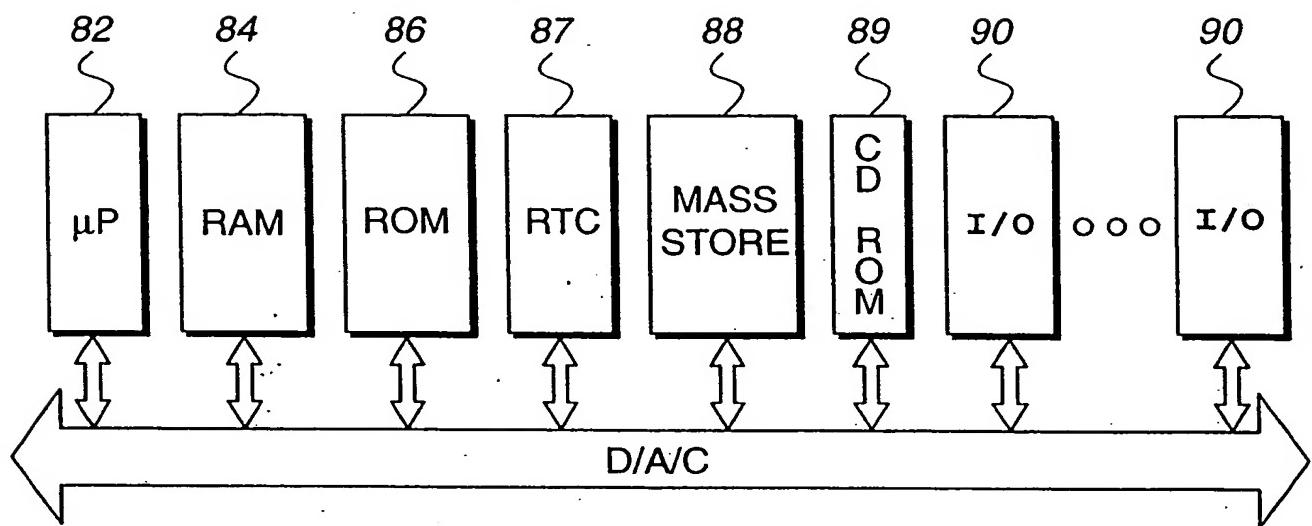
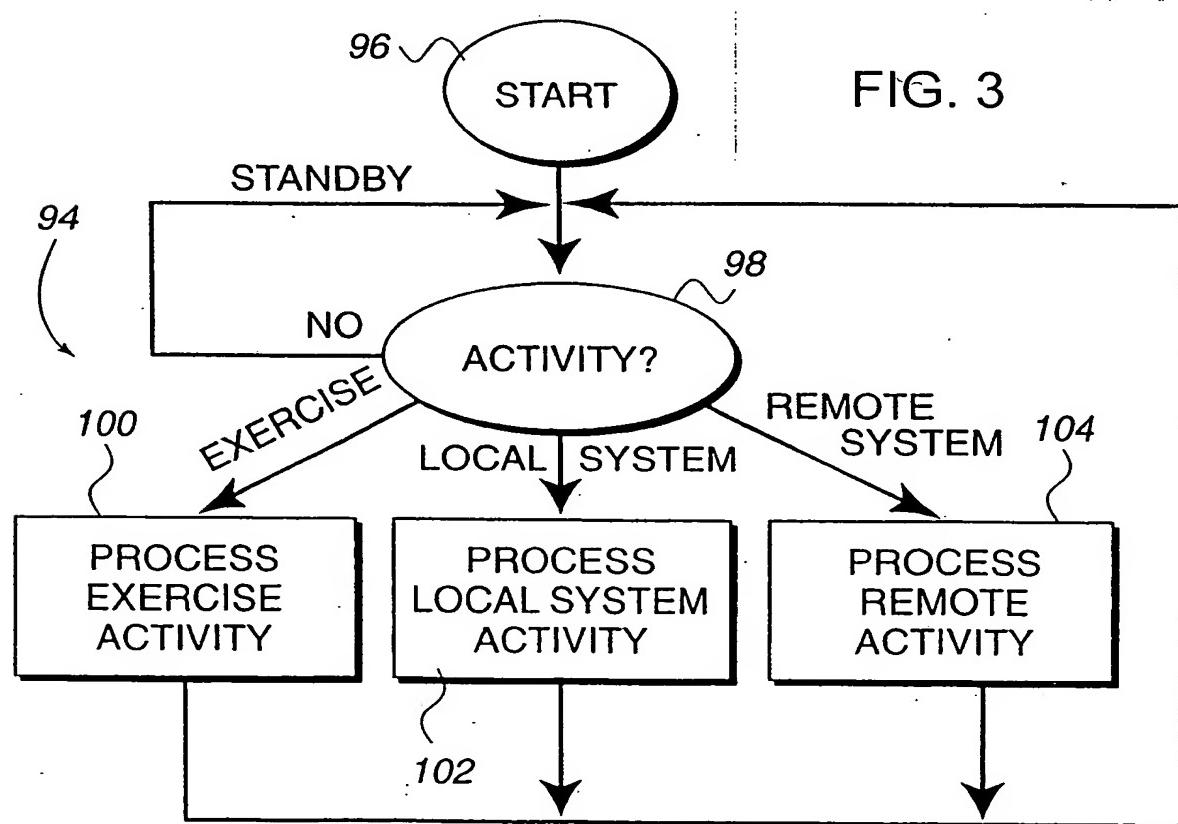


FIG. 3



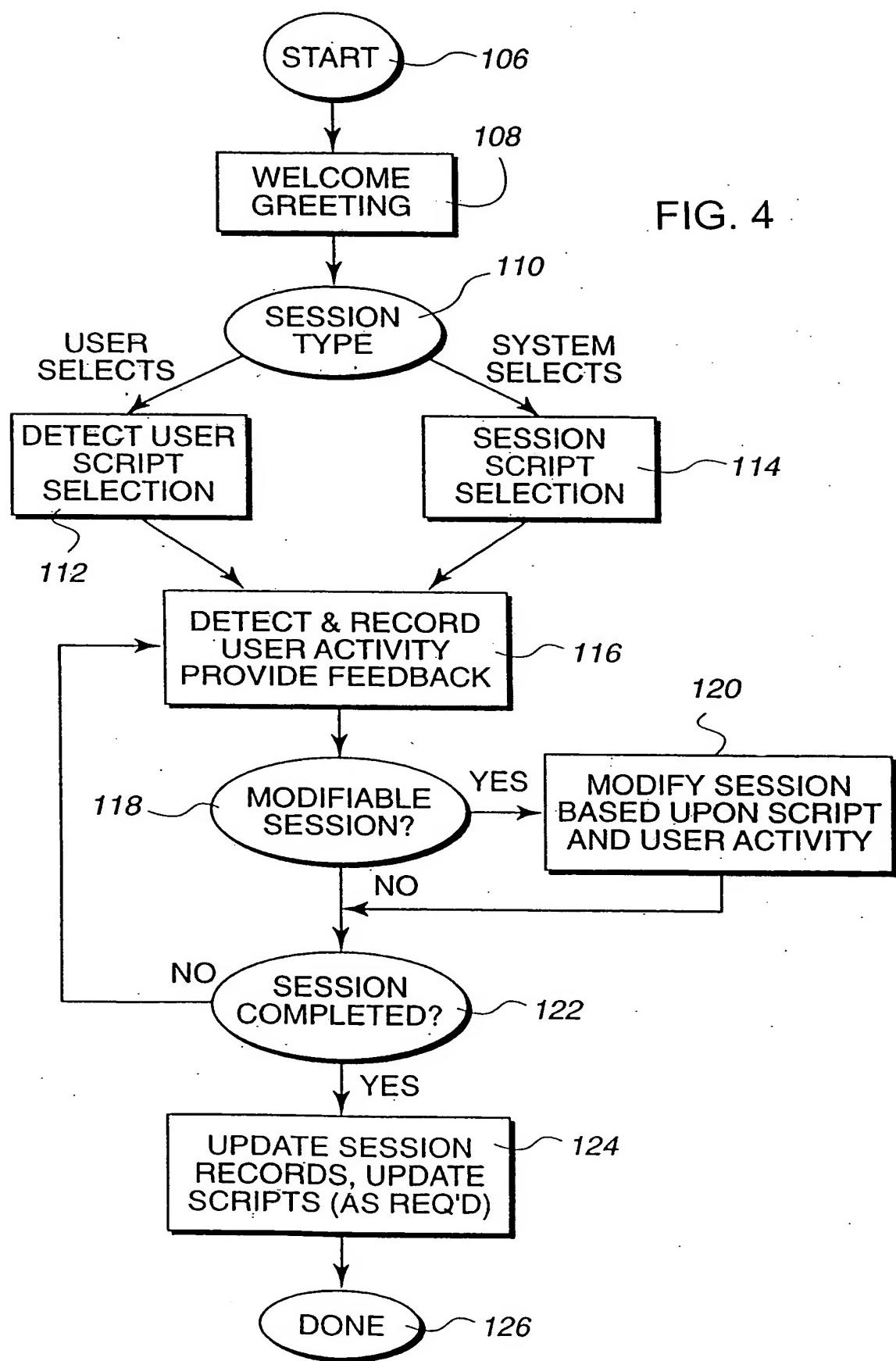


FIG. 4

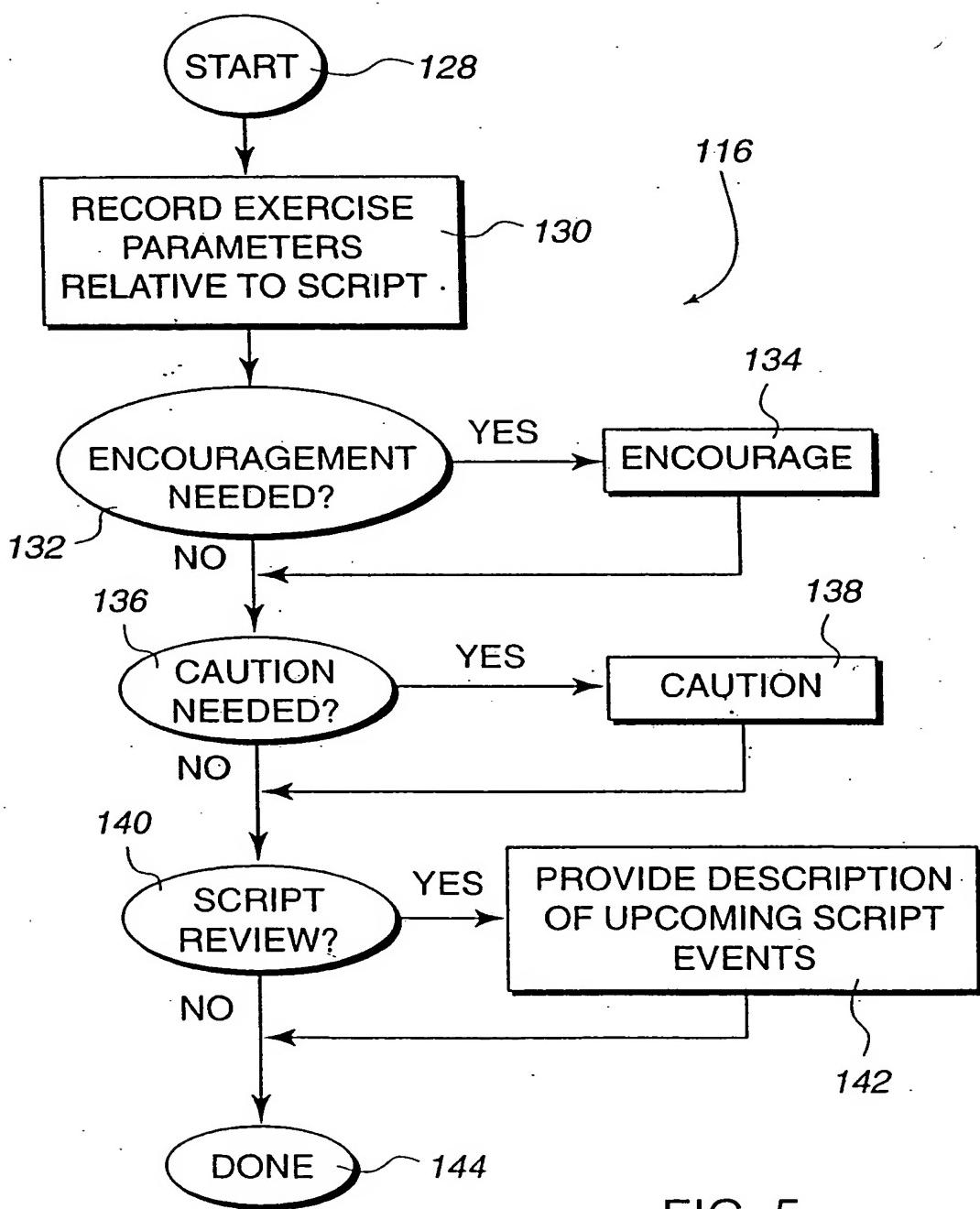


FIG. 5

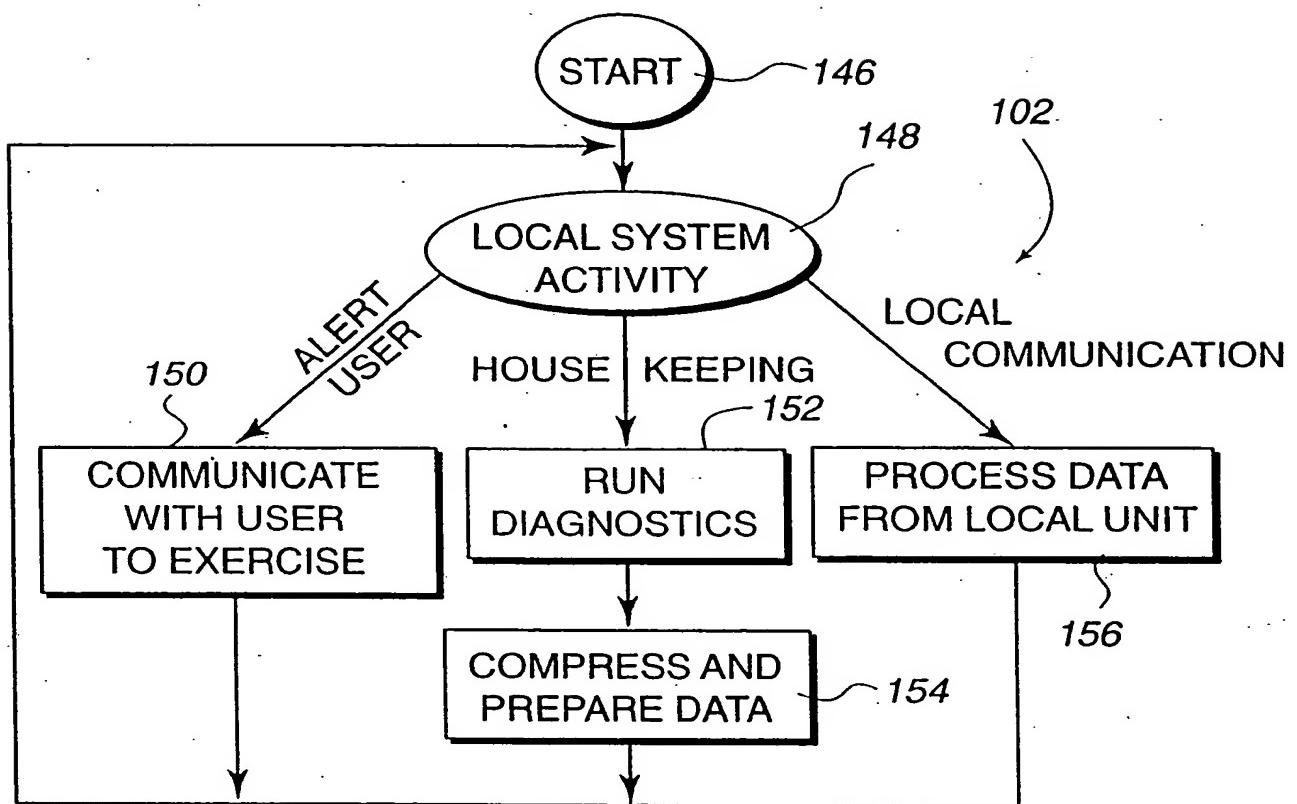


FIG. 6

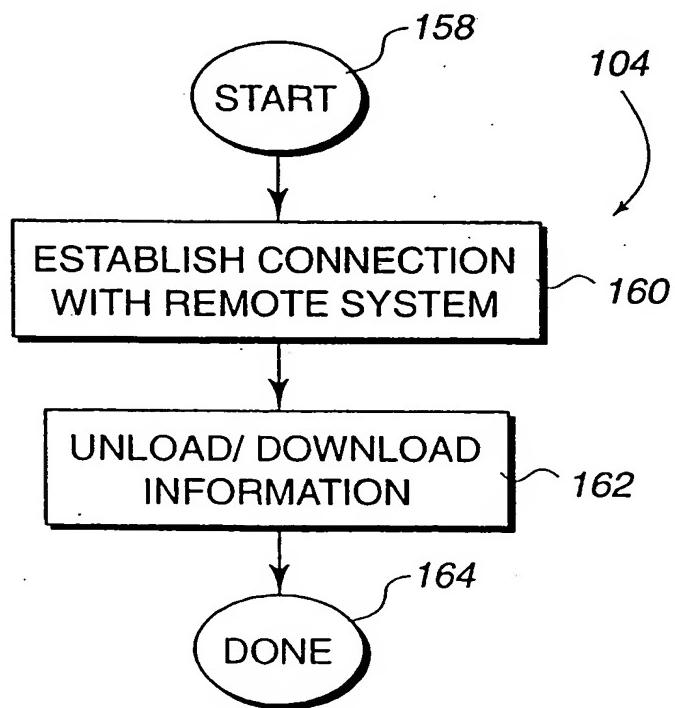


FIG. 7

FIG. 8

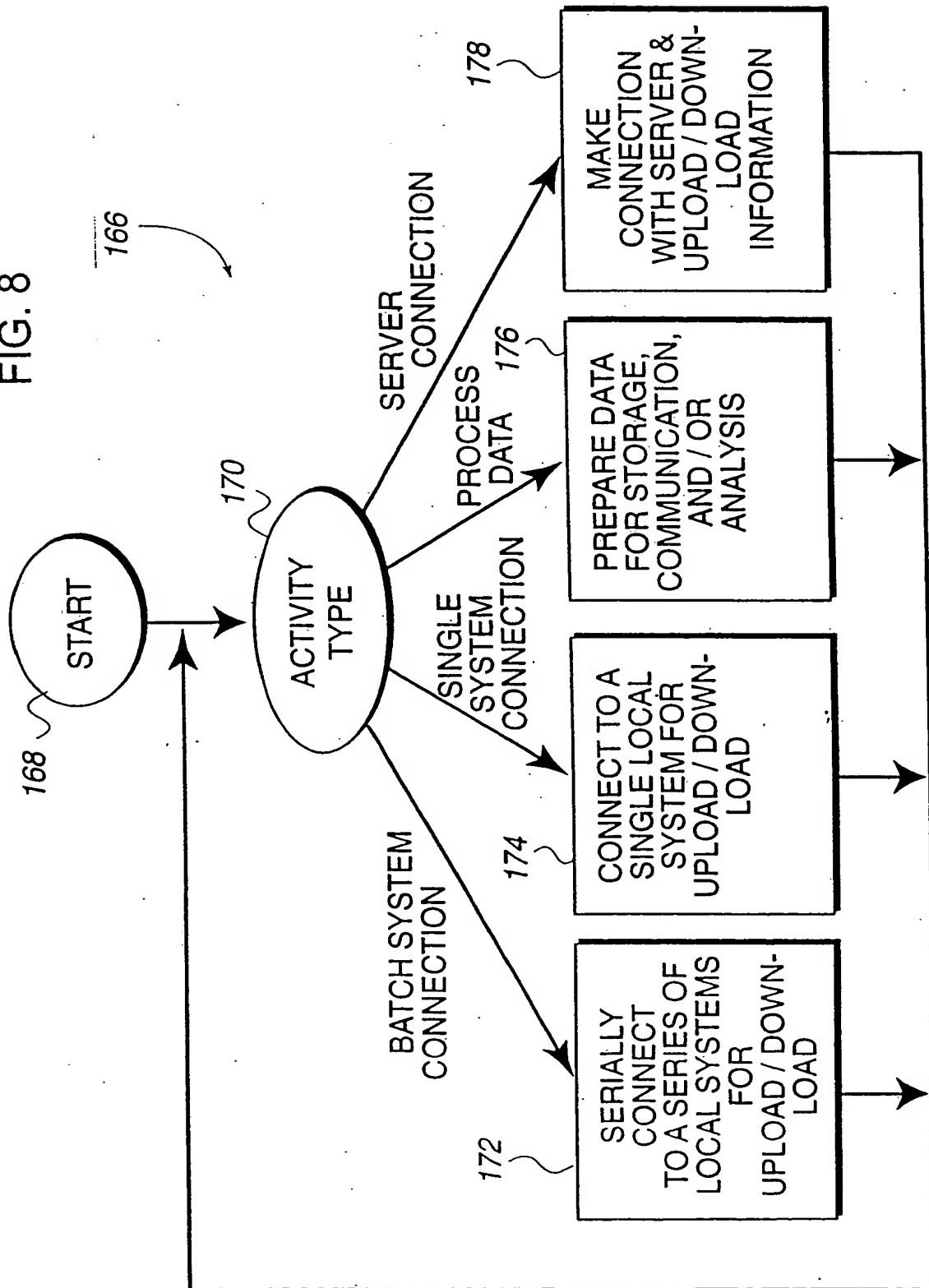
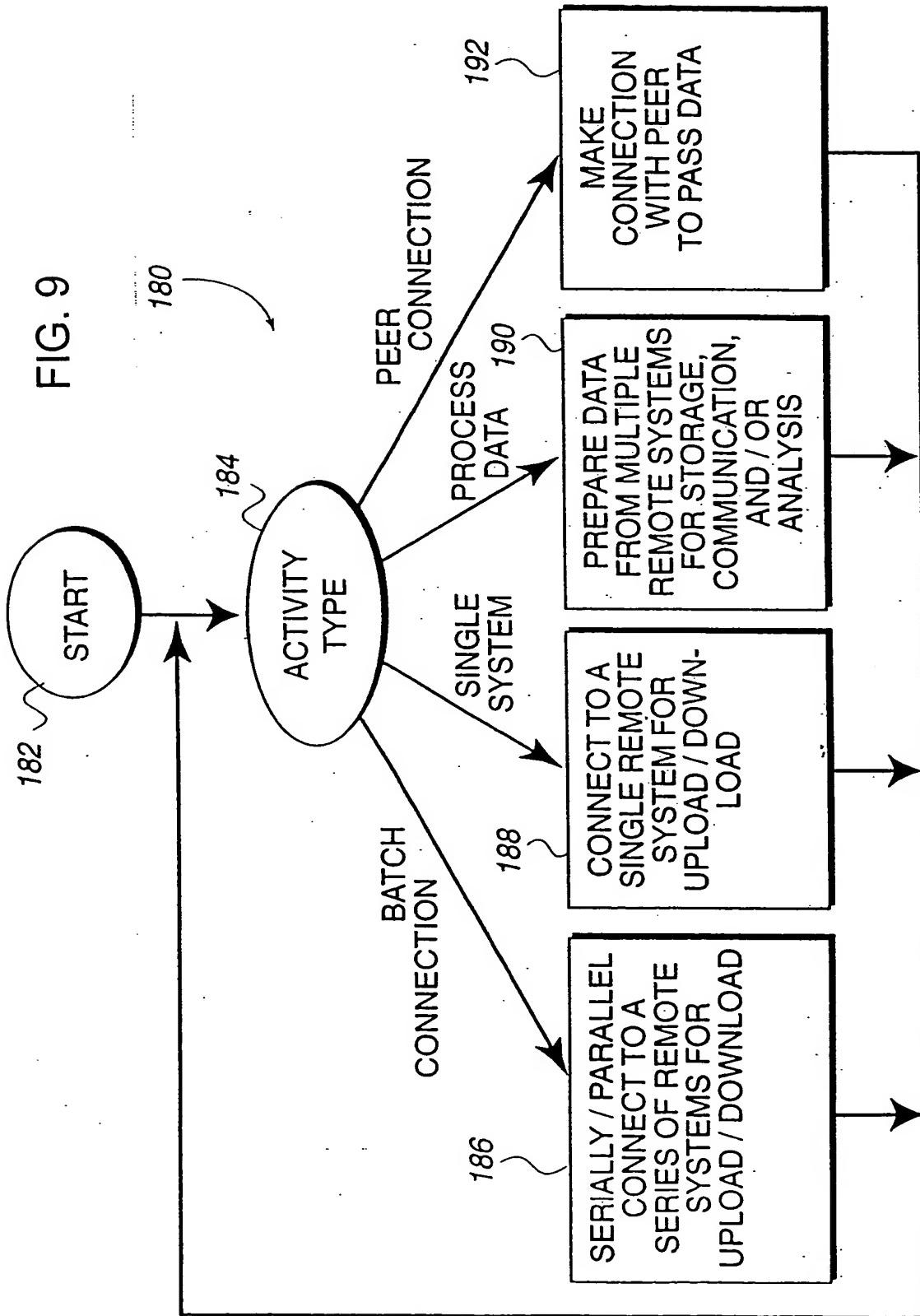


FIG. 9



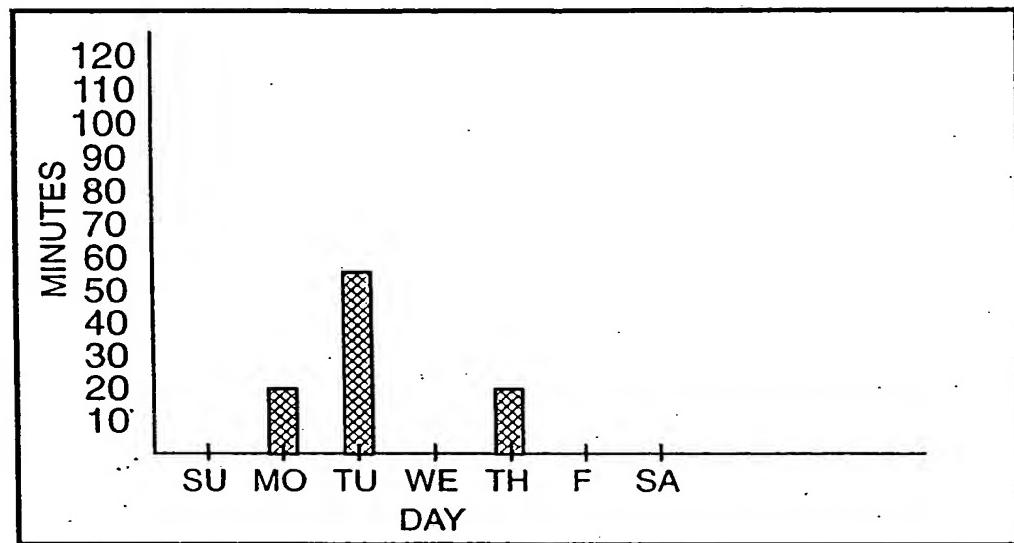


FIG. 8a

<u>SUNDAY</u> NO EXERCISE
<u>MONDAY</u> —10 MINUTES CYCLING —232 CALORIES —6 MINUTES AT 80% HEARTRATE —1.8 MILES —DIFFICULTY 6
—10 MINUTES WEIGHTS —172 CALORIES —20 REPS @ 100 LBS —20 REPS @ 80 LBS
<u>TUESDAY</u> ETC.

FIG. 8b

Title: "METHOD AND APPARATUS FOR REMOTE
INTERACTIVE EXERCISE AND HEALTH EQUIPMENT"
Inventor: P. Hickman Express Mail No.: EV336042385US
Atty. Docket No.: 59147-8002.US02 [Sheet 9 of 12]

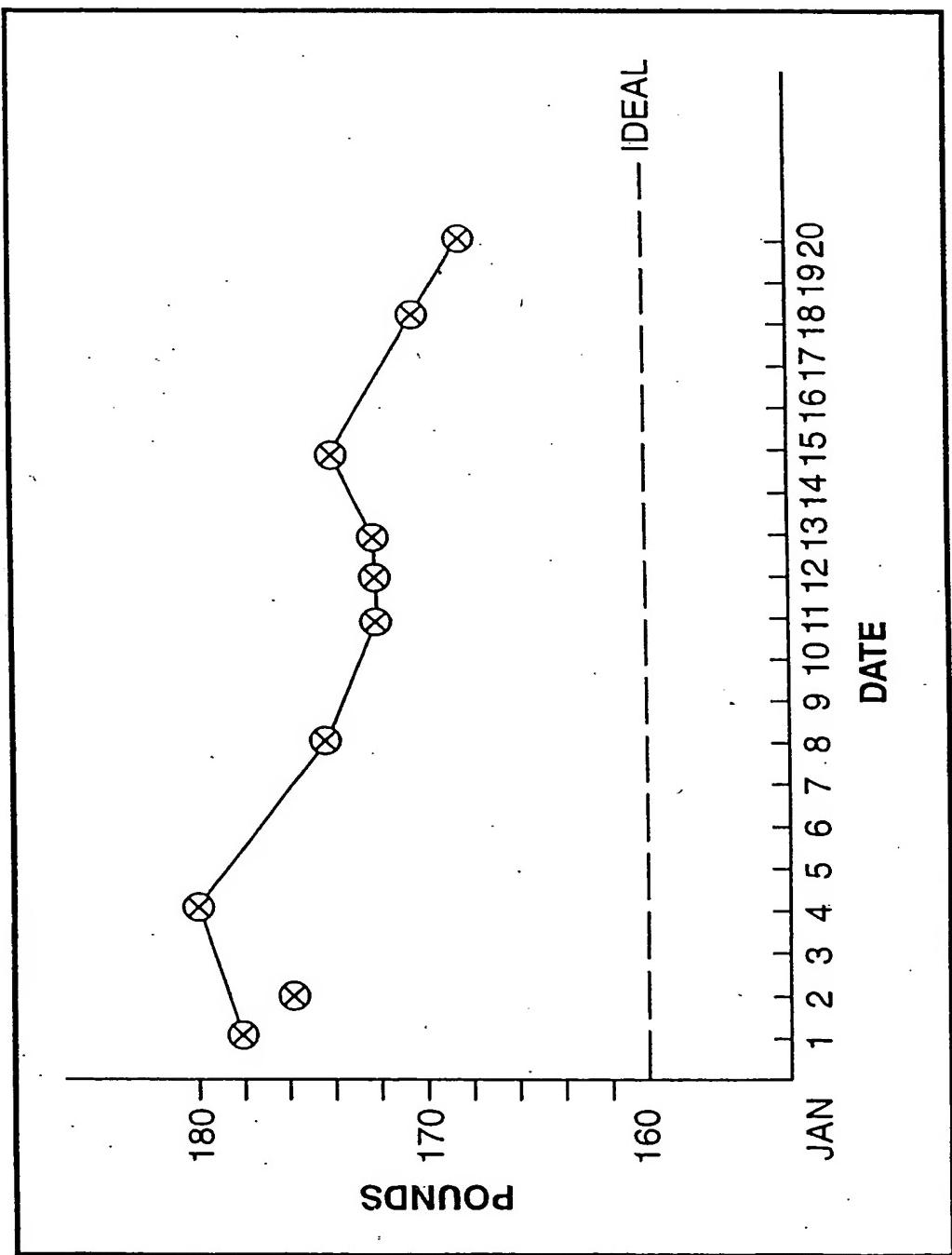


FIG. 8C

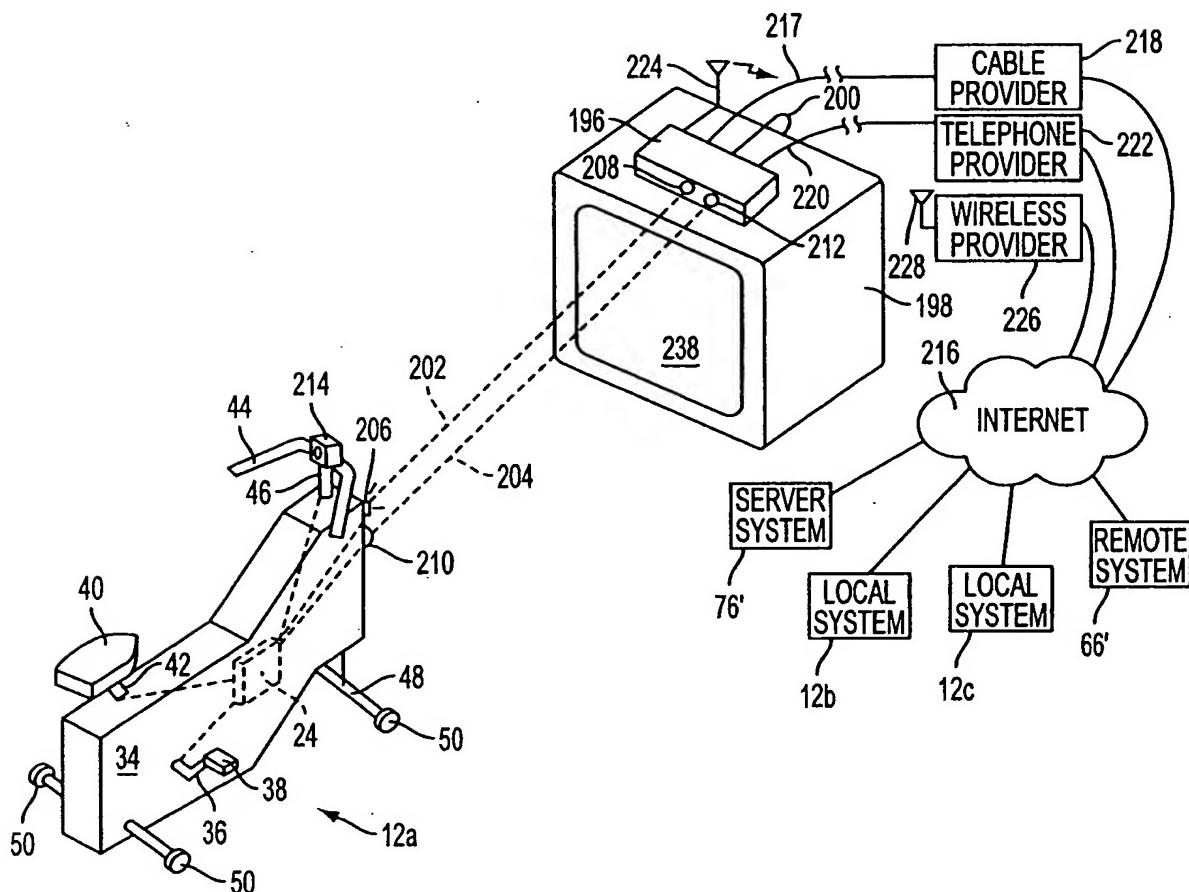


FIG. 10

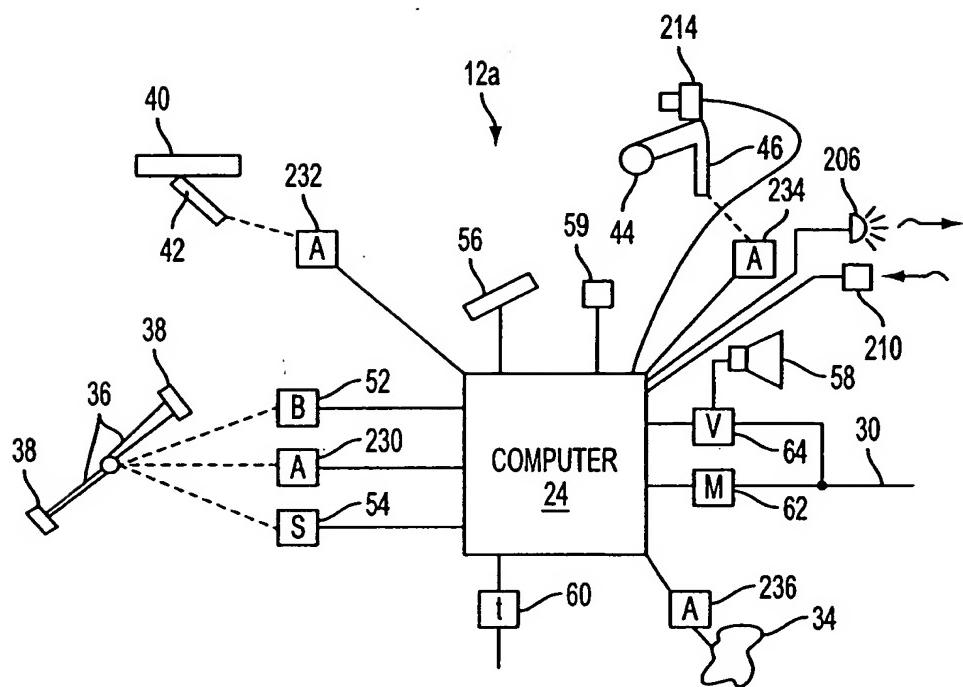


FIG. 11

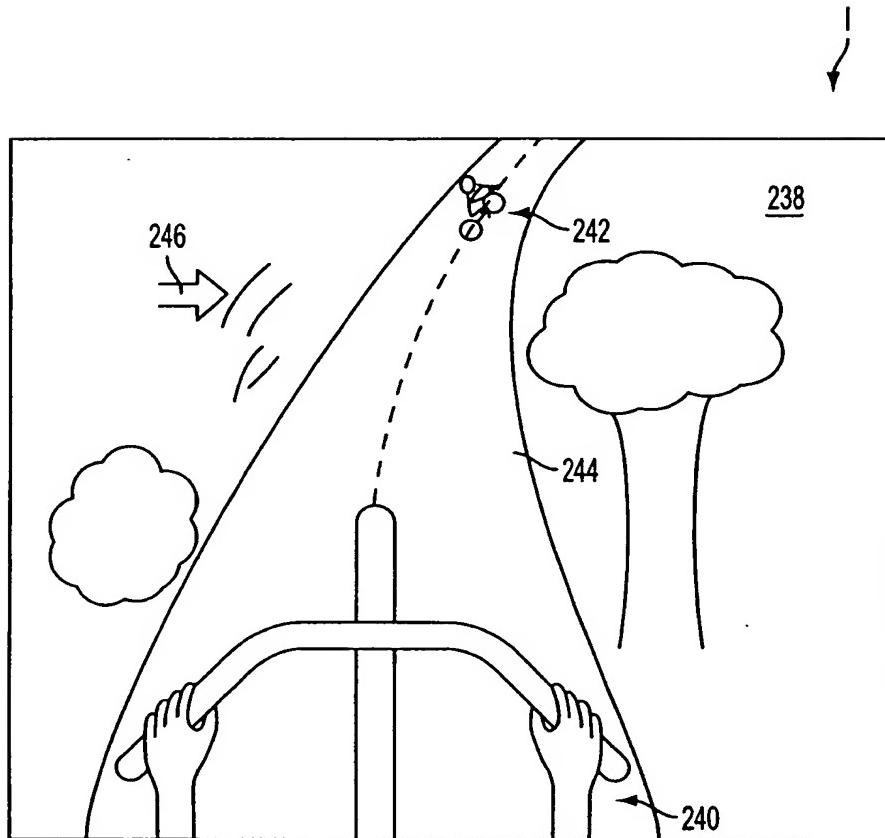


FIG. 12